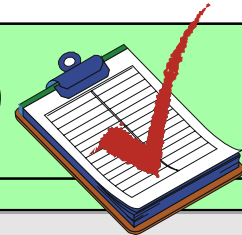


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

Aug. 30, 2002

NEWS BRIEFS

OPEN ENROLLMENT

Open enrollment for health insurance will be from Sept. 16 through Oct. 4 this year. Look for more information with the Sept. 15 paychecks.

There will also be benefit fairs held around the state. They include Sept. 18 in Frankfort and Lexington; Sept. 20 in Somerset; Sept. 25 in Hopkinsville; Sept. 17 in Louisville. See your insurance coordinator for more information and details.



TIP OF THE WEEK

The American Heart Association recommends that no more than 30 % of a day's calories should come from fat (a tablespoon of virtually any vegetable oil contains 120 calories). For a person consuming 2,000 calories a day, for example, that should be no more than 65 grams of fat per day. They suggest keeping saturated fats under 10%, polyunsaturates under 10%, and making up the difference with 13% to 15% monounsaturates. Cholesterol is only in products that contain an animal fat source. That is why it is important to look not only at the food label for cholesterol, but the fat and fat types as well. You can have a very fat product, with zero cholesterol, if the product contains no animal fat.

2002 State Fair A Big Hit

The Health Services' State Fair booth was tremendously successful again this year thanks to the efforts of CHS workers. Over 50,000 fairgoers visited CHS's Three-Ring Circus to receive information and assistance in areas like diabetes risk assessment; nutrition; body composition analysis; special health care needs for children; aging services; mental health and mental retardation; food, milk, product and lead safety; oral health; women's health; sun exposure; substance abuse; tobacco prevention and cessation; early childhood development; and the West Nile Virus.

The booth gave out a 2003

calendar full of health and safety tips along with a handy list of telephone numbers. About 20,000 were distributed to fairgoers.

The media coverage was good, especially for food safety and West Nile. The Courier-Journal published an article about food inspections at the Fair and all four Louisville TV stations broadcast footage of our booth.

Some of the most highly trafficked areas included Sun Exposure with the Derma Scan machine, Healthy Aging with the *Wheel of Aging* game, Product Safety with a bean bag toss game featuring



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New EEO Coordinator Named For CHS

Mahlian Carmichael has been appointed as the Cabinet for Health Services Equal Employment Opportunity (EEO) Coordinator.

Carmichael will be responsible for administering the Cabinet's EEO program to include implementation and monitoring of the Affirmative Action Plan. She is also the Cabinet's contact for matters related to the Americans with Disabilities Act (ADA) and efforts to assist individuals with disabilities under the Act. Carmichael replaces Lori Mefford, who will be performing other duties in the Organizational Development and Quality Improvement Branch.

Carmichael will coordinate the Cabinet's continuing efforts at maintaining an employment and program atmosphere free from discrimination and sexual harassment and to respond promptly and effectively to complaints related to these matters. Carmichael will also continue the Cabinet's commitment to maximizing the full inclusion and integration of people with disabilities in all aspects of employment and all programs, services and activities.

Carmichael can be contacted by calling 502/564-5705, ext. 3910, or via e-mail.



CHS Supervisor Training Continues

Required supervisory training for Cabinet for Health Services employees will continue with "Update I: Personnel Management for Supervisors" from 8:30 a.m. – 4 p.m., Sept. 18, at the Distance Communication Learning Center in the Health Services Building.

Supervisors who have completed the mandatory CHS Personnel Management Training should register now for the upcoming Update session. Supervisors can check the CHS intranet training site for additional training dates.

The CHS Update session will cover the following information:

- How To Write Position Descriptions
- Workplace Violence Awareness for Supervisors
- Handling ADA Accommodation request and
- Behavioral Interviewing.

Information included in this training reflects revisions or additions to CHS procedures.

For more information or to register, please contact the CHS Training Liaison by email: Maranda.Cummins@mail.state.ky.us or by phone at 502/ 564-0036. To complete a CHS Sponsored Training Registration Form go to the CHS intranet Training site at <http://chsnet/employees/training/>

HIPAA HOOPS



The compliance deadline for the HIPAA Privacy Rule is currently scheduled for April 14, 2003. The Privacy Rule requires every covered entity to create, and make available to individuals, a notice of its privacy practices. Under HIPAA, individuals have a right to know how their health information may be used or disclosed.

Because the Privacy Notice is intended to inform patients, it must be written in easy to understand language. HIPAA requires that the following specific statement be part of the notice as a header or otherwise prominently displayed:

"THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT

YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE READ CAREFULLY".

The regulations actually capitalized this statement, so it would be wise to do the same.

You must provide examples of the uses and disclosures that the covered entity is permitted to make for each of the following purposes: treatment, payment, and health care operations. For example: "Information gathered during the course of your treatment may be shared with your insurance company."

You are also required to provide examples of how PHI may be used or disclosed without patient consent or authorization.

Distance Communication & Learning Offerings

The Distance Communication and Learning Center reminds all CHS agencies of the available technologies.

Room A: Computer Training Laboratory designed for 12 participants to learn by computer. A great place to learn new computer software, instructor station equipped with projector.

Room B: Multipurpose Training Room designed for 26 participants and equipped with multimedia projector (can use: PowerPoint, videos and satellite down-link).

Room C: Compressed Video and satellite down-link designed for 16 participants. Our satellite receivers can pick-up C & Ku bands as well

as KET's digital feeds. Our Compressed video (aka: Interactive television, video conferencing) can provide learning and conferencing from a distance that can replace travel!

If your agency has training needs and desires to utilize this space contact us at 564-0036. The trainers, Debborah Arnold & Donna Clinkenbeard, are available for consultation on your training needs. Technology Coordinator, JoeAllen Mattingly is also available to help you access the distance communications technologies. Your CHS Training Liaison, Maranda Cummins, is also located at DCLC and is ready to assist you in registering for classes offered by GSC/GOT/MARS and the CHS Trainers.

The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.



State Fair Draws Thousands To Health Services Booth

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educational information, Food Safety with their clown quiz food safety game, Mental Health with their stress test, and Women's Health with the relaxation therapy massages and one-day body fat analysis in conjunction with KSU.

The sleeper hits of the booth this year were the *driving under the influence* (DUI) goggles which simulate a drunkenness state and the blood pressure machines which were used by over 10,000 people. The DUI exhibit, staffed by Substance Abuse, was so popular that we asked them to stay another day. The fast food fat facts and sodium displays were also very well received.

The Tobacco folks not only had an interesting

display with *Mr. Dip Lip* and the *Tar Jar*, but they were also responsible for providing the workers' t-shirts compliments of the Franklin County Health Department.

In addition to the 1% milk display sponsored by WIC, they also staffed the Rock/Relax Room that served about 4,500 parents and their children. About 450 people signed a petition to expand this service to offer an additional location for next year's Fair.

Another new item this year was the UofL stage in the Health Horizons' where CHS employees gave over 40 presentations to fairgoers on topics ranging from bioterrorism to dental care.

Thanks to all who helped with the State Fair display.

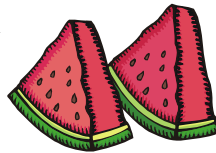


HR Thursday Cookouts To Continue Through September

Thursday cookouts in the Human Resources Building will continue through September due to the positive response over the past several weeks. The Worksite Wellness committee sponsors the cookouts that offer hamburgers, cheeseburgers, hot dogs, grilled chicken, pork tenderloin and ribeye sandwiches. Side items have included corn on the cob, watermelon, and regular or baked potato chips and pretzels.

You may wonder why hamburgers are offered. Lisa Arvin, a registered dietitian and chairperson of the committee explains, "There are no *good* or *bad* foods." Good nutrition hinges on three principles: balance, moderation and variety. Applying these principles lets people enjoy foods they like while realizing that these same foods should be limited.

Healthy choices are available such as a grilled chicken sandwich, watermelon, corn on the cob and baked chips. This meal along with a diet drink yields 531 calories and 9 grams of fat, while the same meal with a hamburger and regular chips add an additional 214 calories and 30 grams of fat. The hamburger adds an additional 114 calories and 16.5 fat grams. Regular potato chips add an additional 100 calories and 13.5 fat grams. Comparatively, a hamburger that has 404 calories and 21 grams of fat is not bad; most fast food



restaurants have burgers that are 500 or 600 calories and 40 or more grams of fat.

The sandwich also fulfills 2 bread servings and 1 full serving of meat. Condiments such as Ketchup and pickles add more calories and mayonnaise adds calories as well as fat.

By taking advantage of the cookout, you can get two servings of the recommended five servings of fruits and veggies per day.

For example, the average woman needs 1800 calories per day, the chicken meal contributes 29.5 percent of a woman's calorie needs which is appropriate.

The Worksite Wellness committee refers to the Dietary Guidelines for Americans when planning functions. These guidelines ensure that the integrity of good nutrition is maintained. Another purpose for the cookout is for the mental health benefit. The cookout provides employees with a sense of camaraderie as they socialize with their co-workers outside in the nice weather.

The Worksite Wellness committee is made up of employees from the Cabinet for Health Services, Cabinet for Families and Children and the CHR Cafeteria. The committee is currently brainstorming on other activities that would foster wellness. If you have any ideas or want to be on this committee, call Lisa Arvin at extension 3770 (Tadiran) or 564-2339.

